



Superior Court of California
COUNTY OF ALAMEDA

COVID 19 PRECAUTIONS: EVERYDAY ACTIONS TO SLOW THE SPREAD

Interim Guidance for the Prevention of COVID 19 as of Monday, March 09, 2020



WASH YOUR HANDS: Wash your hands often with soap and warm water for at least 20 seconds. Use hand sanitizer, if soap and water are not readily available.



DON'T TOUCH YOUR FACE: Avoid touching your eyes, nose, and mouth as much as possible. Be extra careful not to touch your face with unwashed hands.



CLEAN AND DISINFECT SURFACES: Clean and disinfect frequently touched objects and surfaces like phones, keyboards, and doorknobs with household cleaning spray or a wipe.



COVER COUGHS AND SNEEZES: Cover coughs and sneezes with a tissue, then throw the tissue in the trash right away. If you don't have a tissue, cough into your elbow.



AVOID CONTACT: Avoid contact with those who are ill. When a member of your household is sick, minimize close contact as much as possible. Consider alternatives to shaking hands and practice social distancing when possible.



STAY HOME WHEN SICK: When you're sick with COVID-19 like symptoms, stay home. Avoid school, work, and public places to prevent spreading illness to others.